

## **Topiramate**

### **Action Required by all practices**

The Medicine and Healthcare products Regulatory Agency (MHRA) has introduced new safety measures, including a pregnancy prevention programme for topiramate prescribing. Topiramate is now contraindicated in pregnancy and in women of childbearing potential unless the conditions of a Pregnancy Prevention Programme are fulfilled.

The majority of topiramate prescribing is initiated in primary care for migraine prevention. A small number of patients with other headache disorders and epilepsy are also prescribed topiramate. Primary Care Prescribers will need to review all patients prescribed topiramate and discuss the new safety measures and decide with the patient if topiramate is still the best treatment option for the patient.

For any patient, before prescribing topiramate all possible therapeutic options should be discussed. The link to the guidance is below. Packs were delivered to GPs this week

Key points are:

### **HCP guidance**

Discuss the risks with the patient and ensure they understand the possible therapeutic options available

### **Risk Awareness form**

Their medication should be reviewed regularly (at least once a year). At this review your healthcare professional will decide with you whether topiramate continues to be the best treatment for you. This will take into account any change in your circumstances.

In due course the Grampian Guidance, Scottish Headache Pathways and SIGN 155 guideline will be updated.

More information may follow once this has been through Grampian's regulatory procedures. In the meantime, if there is uncertainty or the patient is actively under the care of the neurology service the appropriate consultant can be contacted.

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